



DC STARTER



DC START—DISTRICT OF COLUMBIA STUDENT ASSESSMENT AND

DC STARTER

WINTER EDITION—HAPPY NEW YEAR!

A New Year means a New Start!

DC Start is excited to enter the New Year with high expectations and continued successful outcomes for our students. As we embark on our journey into the spring, let us be reminded of easy resolutions we can make to help our children jump into a healthy, happy 2010.

A nutritious diet, an adequate amount of sleep, and maintaining physical activity are essential to children's success. Here are some tips for parents to help get the year started on the right foot.

To promote healthy eating, make wise snack choices available when your hungry student arrives home after school. Easy selections include: apple slices and peanut butter, carrot sticks, nuts, trail mix, granola bars, yogurt, raisins, or whole grain crackers washed down with a glass of milk or water.

Getting plenty of sleep will also contribute to increased focus, awareness, and energy for your child. Children aged 6-9 require at least 10 hours of sleep per night. Those transitioning into puberty will need MORE sleep. It is important that teens go to bed at the same time and wake up at the same time everyday throughout the week to avoid sleep deprivation.

Physical fitness is necessary for your child. It is recommended that school-aged kids participate in at least 1 hour of moderate or vigorous physical activity daily (jogging, playing a sport, dancing, etc.). Periods of inactivity (sitting on couch, playing video games, napping) for 2 hours or more should be avoided.

WINTER ISSUE

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JANUARY 2010

"Cheers to a New Year and another chance for us to get it right."

- Oprah Winfrey

DC START Clinicians - Up Close & Personal

Peter Boccardi, LICSW

I am the DC START clinician at Brookland Education Campus. I received my Masters in Social Work from Virginia Commonwealth University.

After graduation I worked with developmentally delayed adolescents at the Lt. Joseph P. Kennedy Institute in Washington, DC., helping them develop vocational skills by assessing their strengths and interests.

My previous experience includes working in DC Charter and public schools, providing students with individual and group therapy, direct services to general education and special education students, and working with students and families who struggled with truancy issues.

"Light up the Darkness"

- Bob Marley

Nicole Otto, LICSW

I am the DC START clinician at John Burroughs Education Center. As one of the most recent additions to the DC START family, I am happy to be aboard and thrilled to be joining the team at Burroughs!

I grew up in Montgomery County, Maryland and am the youngest sibling of two. I earned my bachelor's degree in Psychology from University of Maryland College Park and my Masters in Social Work from Howard University.

I have been immersed in the field of social work over the last 9 years. I have had the opportunity to work directly on several issues of interest including domestic violence, teen pregnancy, childhood trauma, and grief and loss.

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind"

- Dr. Seuss

Christine Winchester, LGSW

I work as the DC START clinician at the Truesdell Education Center. I have really enjoyed working with the Truesdell community since I arrived in August, 2009.

I grew up in the Washington, DC area with my parents and five siblings. I studied Psychology and Spanish at the University of Notre Dame. After college, I spent two years working with an elderly population in Chile. Upon my return to the DC area, I began teaching Spanish at a local high school. After receiving my Masters in Social Work from the Catholic University of America, I spent four years as the Student Support Director at a middle school in D.C.

I enjoy cooking, running and spending time with family and friends in my free time.

"I think I can – I think I can – I think I can..."

- Watty Piper



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The DC STARTER is a quarterly newsletter created by the DC START Clinicians to communicate to local schools, families, and communities about the DC START program and our services.

For additional information about DC START or any information in this newsletter, please see your DC START school-based clinician.



What would you like to see in the next newsletter? We'd love to hear your feedback. Please submit any questions, concerns or suggestions to debra.rager@dc.gov.

In collaboration with
District of Columbia Public
Schools

 Government of the District of Columbia
Adrian M. Fenty, Mayor

DC START—DISTRICT OF COLUMBIA STUDENT ASSESSMENT AND RESILIENCE TEAM

Have you been feeling a little down lately? The winter season can be a difficult time for everyone, including children. Seasonal Affective Disorder (SAD) is a type of depression that happens at the same time every year due to less daylight during the fall and winter months. Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own — you or your child may have seasonal affective disorder.

Symptoms of SAD include: depressed mood, irritability, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you normally enjoy, appetite changes, weight gain, and difficulty concentrating and processing information.

There are some things you can do on your own that may help: **Make your environment sunnier and brighter.** Open blinds and trim tree branches that block sunlight. **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. **Exercise regularly.** Physical exercise helps relieve stress and anxiety, both of which can increase seasonal affective disorder symptoms.

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't seem to get motivated to do activities you normally enjoy, see your doctor for more information on treatment.

DC START - Parent & Student Feedback

"This program has definitely helped my daughter. She has learned to express herself better one step at a time."

Parent - Truesdell Education Center

"We are blessed to have you".

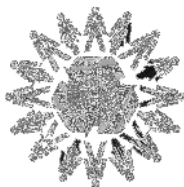
Grandparent - Barnard Elementary School

"DC START is a great program. It gives me time to think about stuff that is going on in the classroom and at home. I have learned ways to deal with my anger and get along better with my classmates and teachers. I know different ways to act now instead of fighting."

5th grade student - Truesdell Education Center

"The therapy sessions have made a difference, because my boys feel good when they know they have an outlet to discuss things without feeling repercussions. ...it is a beautiful thing to know that the clinician also cares about the entire family. This allows my family to know my children are truly with good people that care. I have seen an improvement in them both and I would recommend this program to all schools."

Parent - John Burroughs Education Campus



COMMUNITY CORNER

COMMUNITY
INFORMATION AND
RESOURCES FOR
PARENTS, TEACHERS,
& STUDENTS

** WINTER EDITION **
EMERGENCY ASSISTANCE

ANOCOSTIA COMMUNITY SERVICE CENTER
FOOD ASSISTANCE/CLOTHING DISTRIBUTION
2443 Ainger Place, SE
202.889.5607

BREAD FOR THE CITY
FOOD PANTRY/CLOTHING/MEDICAL
1525 Seventh Street, NW
202.265.2400

D.C. DEPARTMENT OF HUMAN SERVICES
PUBLIC ASSISTANCE/CHILDCARE
64 New York Avenue, NE 6th Floor
202.671.4200

DDOE ENERGY OFFICE
ENERGY ASSISTANCE
2000 14th Street, NW Suite 300 East,
202.673.6750